

**All
Veterans,
Family,
and Staff
welcome!**

**Date: Wednesday,
May 29, 2013**

**Time: 11:30am -
1:00pm**

**Location: Recreation
Center (B101)**

Audie L. Murphy VA

South Texas Veterans
Healthcare System
7400 Merton Minter Blvd
San Antonio, TX 78229

For more information
(210) 616-8370



Be Fit, Your Way!



- Games!
- Freebies!
- Prizes!
- Enroll in MOVE! weight program
- Community resources
- Wii Fitness games
- Zumba
- Yoga
- Tai Chi
- Strength training
- Flexibility and Core

No matter what your age or body type, you can benefit from even small amounts of activity. At this event you can learn about and try out several types of exercises.